

Cauliflower

In its early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Cauliflower are vegetables which grow as flowers on plants.

The cauliflower originated over 2,000 years ago in the Mediterranean and Asia Minor region. Almost all cauliflower grown in the United States comes from California.

Cauliflower, or “cabbage flower,” is a member of the cabbage family, which may help prevent certain types of cancer. Cauliflower is available year round but is more plentiful in the fall.

VARIETIES

There are two types of cauliflower:

- creamy white — more popular in the United States
- cauliflower-broccoli hybrid — recently developed, this type of cauliflower looks like broccoli.



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in vitamin C
- High in folate
- High in fiber
- Good source of complex carbohydrates

USES

Cauliflower can be eaten raw or cooked. Steam or microwave, instead of boiling, to better preserve its vitamin content.



Veggie Pasta Salad
Preparation time: 4 hours, 30 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 1



10 oz. rotini pasta
1 head cauliflower
1 head broccoli
2 bunches green onions, diced
1 c. fat-free Italian salad dressing, divided
8 oz. fresh mushrooms, sliced
4 tomatoes, diced

1. Cook pasta according to package directions. Drain and cool pasta.
2. Clean cauliflower and broccoli. Cut into florets.
3. In a large bowl, combine cauliflower, broccoli, and green onions.
4. Add $\frac{2}{3}$ cup dressing to vegetables and stir gently.
5. Place vegetable mixture in the refrigerator for at least 4 hours.
6. Just before serving, add mushrooms, tomatoes, and remaining dressing. Mix well and serve.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 450 mg (19% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 4 g (16% DV), Sugars 6 g, Protein 6 g, Vitamin A 15%, Vitamin C 120%, Calcium 4%, Iron 4%.

Cauliflower with Paprika-Garlic Sauce
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



4 c. cauliflower florets	1 T. fresh parsley, chopped
1 tsp. olive oil	1 T. vinegar
2 garlic cloves, minced	1½ tsp. paprika
2 T. apple juice	⅓ tsp. salt

1. In a large saucepan, steam cauliflower for about 8 minutes or until crisp-tender.
2. Place cauliflower in large bowl. Cover bowl to keep cauliflower warm.
3. In a small saucepan, heat oil. Add garlic and cook for 30 seconds.
4. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt.
5. Return to heat and cook until heated through.
6. Pour sauce over cauliflower. Stir gently and serve.

Nutrition Information per Serving: Calories 45, Total Fat 2 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 105 mg (4% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 3 g, Protein 2 g, Vitamin A 10%, Vitamin C 180%, Calcium 2%, Iron 4%.